

M₄/I8

THE HUMAN FIELD

Part 2

The embryo

The Mystery School of the orgasm field
9-month group mentoring programme.

“KNOW THYSELF, AND THOU
SHALT KNOW THE UNIVERSE
AND GOD.”

- Quote from the temple of Apollo at Delphi.



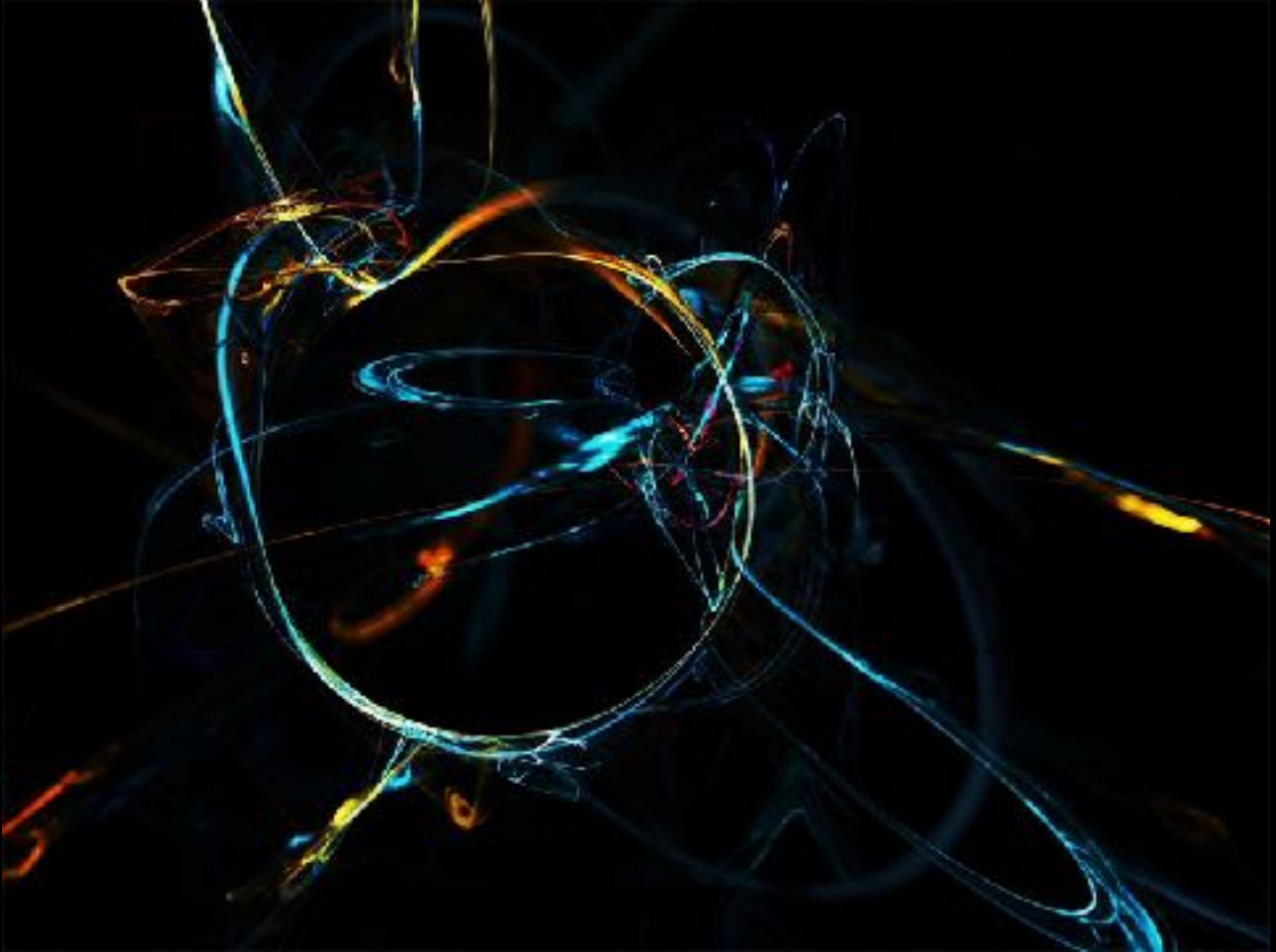
1- Connecting to the cosmic through the body

As we have previously seen, the mystery school practices were based on the idea that connecting to the cosmos was the way for human beings to reach their highest potential.

We have also seen, in the previous module, that the first stage of the mystery school process is to connect more deeply with the body, recognising that it is our greatest tool to achieve direct engagement with the cosmic realm. We looked at how various elements of somatic practice could connect us into the oneness field of the universe.

Let's review some of the principles of our human body and its engagement with the cosmos. We have seen that the human being is an aggregate of an energy field that is connected to everything in existence. In a universe that is characterised by limitlessness, the human body is the part of our being which is limited in time and space. What we call a body is an open-ended expression of an ongoing universal process that is in constant flux arranging and re-arranging, experimenting as new formations come into existence.

In quantum physics, theories such as string theory, the theory of relativity, the wave/particle duality related to the "double-slit experiments" of quantum theory have demonstrated, if not proven, that the universe is one whole composed of two inter-connected fields which affect everything.



These two fields are the non-local (also known as the hologram field) and the local (also known as the holographic projection field).

The non-local, hologram field, is also known as potentia, the energy-verse, the bubble of energy composed of strings, rings, and empty space which surrounds the universe's physicality. It is composed of vibrating frequency waves which are the origin of everything. It is where everything originates.

The local field, which we perceive as matter and which can be measured and touched, is the holographic projection we perceive.

Human beings exist in both. In fact, every being and every cell has a non-local existence as well as a local one. The two affect each other and relate directly to each other.

Each organism is an entity that is not confined within the physical body we can see and measure. The physical body simply is where the wave-function is densest, therefore it can be measured, touched, and seen. Yet as our collective has learned to not trust what it can not see, our perceptions very seldom expand beyond the physical.

We experience ourselves, our thoughts and feelings, as something separate from the rest which is an optical delusion of our limited consciousness. In fact, invisible quantum waves are spreading out of each of us and interpenetrating into all organisms. Each of us, therefore, has the waves of every organism entangled within us. We are each supported by the entire universe.

Movement is not something that we do, it is something that we are.

A body is movement that has coalesced to live within a particular electromagnetic field. Our bodies are interpenetrating wave motions that have stabilised in time to survive successfully on this planet. They are wave patterns of varying intervals. Existence is made of frequencies vibrating. When the frequencies are combined together they form a being, or elements form.

We have begun to explore the dance between energy and consciousness. It is important to note that a being is where consciousness comes from. Some beings manifest with consciousness, they are human beings and animals. Beings that manifest without consciousness are elements forms: rocks, trees, lakes...

All living systems have similar cell structures. Beings with consciousness can intend energetically, while beings without consciousness can only radiate and direct energy.

All of our bodies flow around the universe freely until we incarnate as beings with an emotional body which confuses it, making it more difficult to maintain its highest energy frequency.

We will speak about this in the next module when we begin to speak about the human energetic body.

“We begin our lives, as it were, a point: a tiny fertilized egg. In mathematics the point has location, but no dimension. Having no dimension, it is total possibility, and since it may expand equally in all directions, it is necessarily the center. When we magnify or ‘expand’ this point, we find that our fertilized egg has become a sphere. Our goal is to return to the sphere; the sphere of psychic wholeness..”

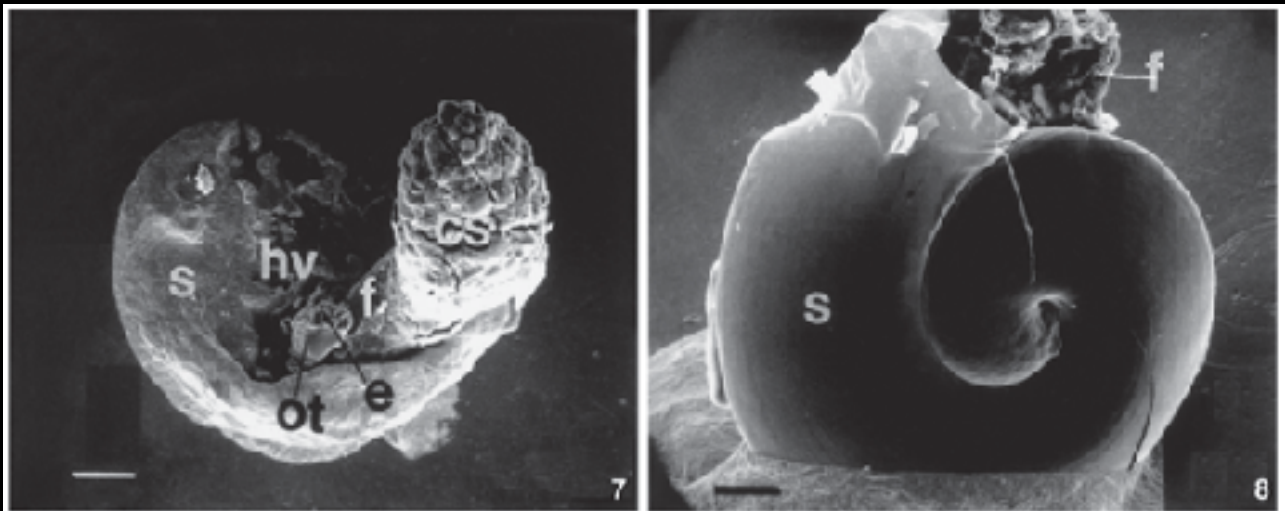
- Jill Purce, *The Mystic Spiral: Journey of the Soul*.

2- THE EMBRYO

In the previous module, we have seen how specific elements of practice can allow us to enable this deep connection.

In this module, we will go one step further and examine the embryo as the stage in human formation which allows us to engage with this connection in a more direct way.

The embryo allows us a more intrinsic connection with the greater realm because of the deep resonance that exists between the two. This is rooted in the fact that the cosmos is a spiral of water and the embryo is a spiral of water as well.



Figures 5-8. Embryonic stages in *Limicolaria flammula*, seen with SEM: (5) two days old embryo; (6) two-three days old embryo; (7) three- four days old embryo: note the cephalic sac; (8) five days old embryo: note spiral coiling of the shell. (cs) Cephalic sac, (e) eye rudiment, (f) foot, (hv) head vesicle-visceral mass, (m) mouth, (ot) ocular tentacle, (s) shell. Scale bar: (5) 50 μm , (6) 100 μm , (7-8) 200 μm .



The embryo is therefore a direct representation of the cosmos.

What we see from observing embryological development is that at our earliest stage we are primarily fluid. After the moment of explosion that happens at conception, where the sperm fertilises the egg, a fertilised egg-cell is formed, the largest human cell due to its enormous amount of cytoplasm. This cell miraculously forms into the complete structure that is a human body; from the most talented poets, the most captivating artists, to the architects that can change the way a civilisation exists. The force that guides this process is a mystery, one which we tune into through our engagement with the mystery processes.

The fluid in our bodies, the fluid in the planet, and fluid in the galaxy all engage in a resonant stream of bio-cosmic nourishment. Our human expression is continuous with the fluidic expressions of the earth and cosmos.

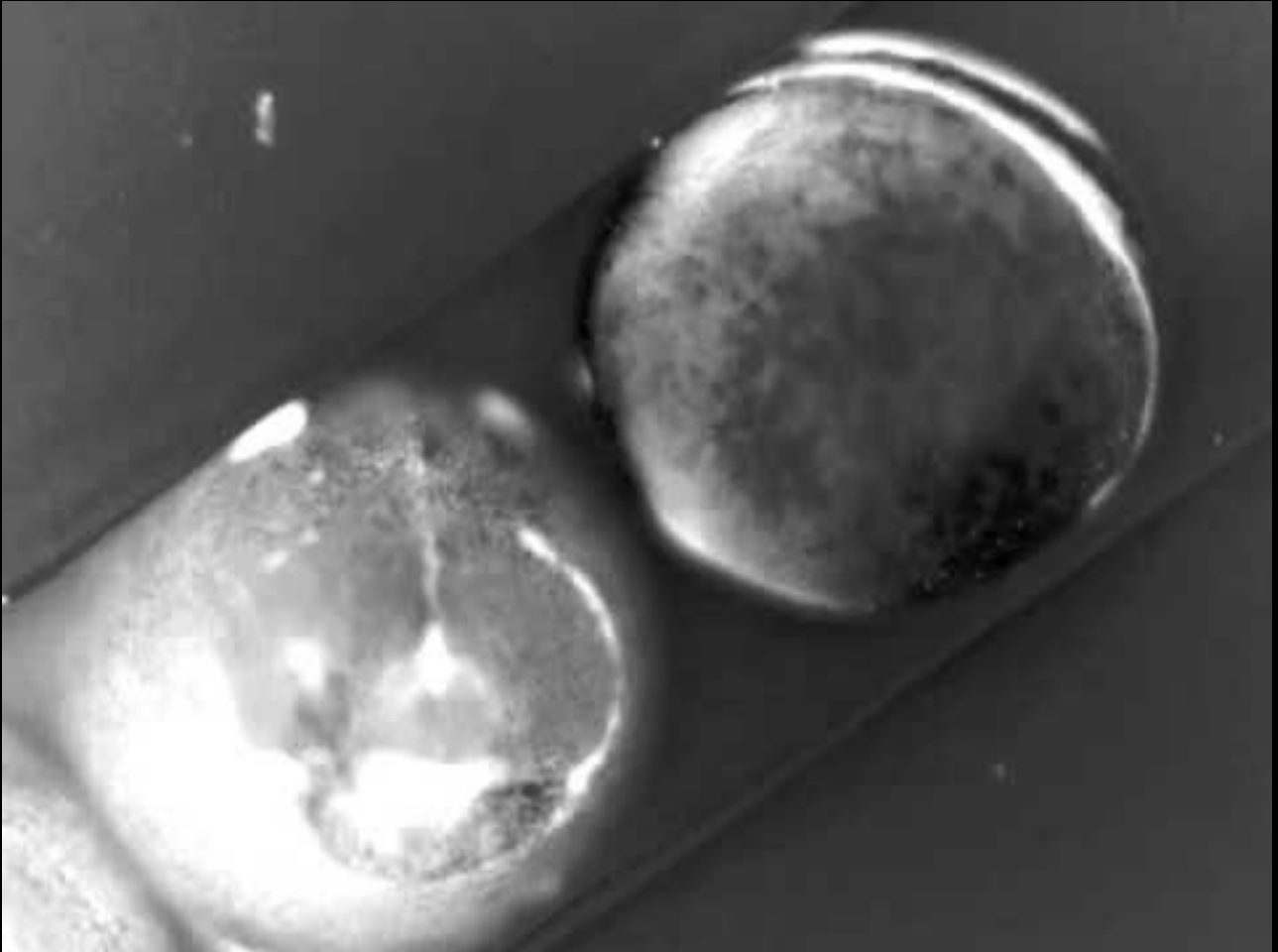
To seek a more direct engagement with the universe it is helpful to explore our embryonic form because this is the moment in our development where our physical form is closest to it, where that resonance is clearest. The embryo is in direct engagement with the cosmos, reconnecting us to that planetary process we have seen that we are part of. The one that guides the formation of stars and galaxies, the same force that powers a tornado, or opens the petals of a flower.

We have seen previously that as humans we exist energetically (as a hologram) as well as existing physically (as a holographic projection). Research has demonstrated that we form in the unseen energetic realm before forming physically. This holographic projection in the unseen realm will be a blueprint that guides the creation of the physical form.

For example, when observing frog embryos, scientists noticed their faces forming energetically before it was visible physically.

You can view this yourself at this video link here: http://youtu.be/oVULjzX__OM.

THE FROG EMBRYO - A video demonstrating the appearance of the face in energetic form before appearing in physical form.



“We are not separate from the fluid that spirals us as embryos. We are that spiraled fluid. Pulsating waves create the ocean behind all human activities. We are water beings destined to live on land on a mission that is unknowable.”

- Emilie Conrad - Creator of Continuum movement

3- Enter the 3 anatomies: Our fluid journey to the cosmos.

In the previous module, we have seen the theory of the three anatomies which stems from the practice of continuum movement.

As humans, we have 3 different anatomical structures.

1. The cultural anatomy, which is experienced as linear and rigid.
2. The primordial anatomy, which is experienced as fluid and lateral
3. The cosmic anatomy, which is experienced as slow and suspended.

The cultural anatomy relates to everyday linear and efficient actions. Our tissues become dense, our breath is short, etc. It relates to the activation of our sympathetic, fight-flight nervous system. As humans, we are designed to be in this state for short periods, when hunting for food or perhaps to escape an attack. We are meant to then slow down and return to a more relaxed state.

Our fluid system, the primordial anatomy, is the bridge between the cultural anatomy and the cosmic anatomy. It is therefore the body's gateway into oneness. This is because all fluids are in one state of resonant unity; they all resonate with each other. The word "resonance" implies unity, merging into something larger. A sympathetic vibration in which there is no time/space differential.

The activation of the fluid system, therefore, relates to our direct engagement with the cosmic field. As embryos, we are connected to everything in existence. This is a foundational element of the cosmic anatomy concept, which is related to the attainment of our highest potential.

As we use the practices which we have seen in the previous module, our beings begin to soften and become less dense. We begin to access the primordial anatomy and after a prolonged period in this practice, we can get closer to the state of the embryo. The small twitches we experience in our bodies are new neurological pathways that are created, the same as an embryo forming new pathways. The creation of new pathways is linked to the expansion of our potential.

In this more fluid state, we may feel like a little embryo floating in nutritive amniotic fluid. We find ourselves accessing our early potential as embryos, diving below the patterns that organise our lives. Here, we may re-form ourselves within a different, more supportive context than the limited environment we may have experienced.

When we slow down even further, we enter the third tissue anatomy, the cosmic anatomy. Here, in direct resonance with cosmic bio-fields, we experience ourselves more as energetic beings, suspended in space.

As mentioned earlier, the universe is one large water spiral. The embryo is a water spiral as well. As humans, even as we evolve past the embryonic phase, our body is still mainly fluid and our body parts, upon closer examination, reveal spirals as well.

Our muscles spiral out from the midline represented by the spine. The connective tissues and fascia enveloping the muscles and connecting the whole of our bodies can be seen as spiraled lines spanning the entire length of the body.

4- A life of embryological Potential:

A life lived from our embryological potential, is very much intrinsic to the philosophies behind this course and our practice.

We aim to live life from a place of honouring the inherent intelligence that guides our development.

We live from a place of being vs doing.

We are in continuous discovery, exploration, and curiosity, receptive to all that comes.

We observe with deep and exquisite sensitivity, the unfolding of our highest potential.

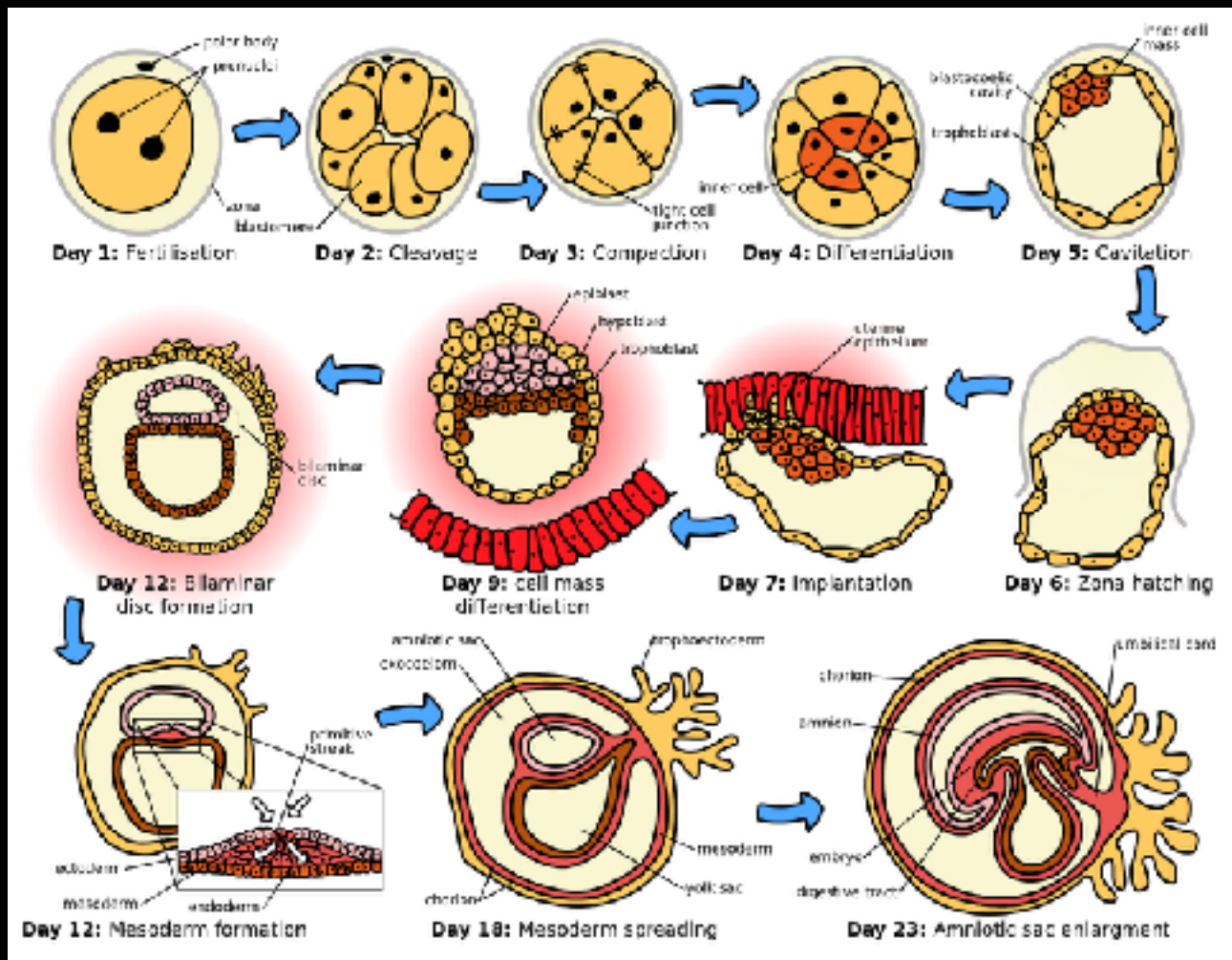
We can feel the impact of the fluid resonance which exists in our beings which brings us closer to our source.

We can be seen as a fluid unfolding of innate intelligence. It is the same intelligence that is guiding the sperm and egg, the same intelligence that created the membrane of the first cell, the intelligence that moves galaxies and iguanas. We inhabit a sea of intelligent life beckoning us to enter. I see our 'bodies' formed by the liquid of our first cradle. Our early watery environment shapes and gives us its secret. This is our first home, our 'primordial field.' The fluid in our cells is our birthplace, our memory of the creative matrix in which all life is summoned.

– Emilie Conrad, *Life on Land*

5- Our journey into form.

The embryonic development is about yielding and allowing the unfolding of a mysterious process. It gives us a perfect model for the magic of spiraling fluid with the essential resonance that it carries.



The above diagram demonstrates the embryonic journey into form. It is not necessary to understand it completely or to know it deeply. I would like to point out a few moments on the journey which I feel are particularly significant.

1- Conception

First, it is important to know that an energetic explosion happens at conception, similar to that which we would relate to the big bang, or to the chaos which preceded the coming into form of everything in the philosophies of the mystery schools in ancient Greece.

2- The formation of the egg-cell.

As the sperm meets the egg, it creates the egg-cell, the largest cell in human existence due to its content of cytoplasm. It is known as the sphere of psychic wholeness. This is significant because it is when, as humans, we experience complete wholeness in our physical form.

3- On day 6, the zona hatching begins to occur when the blastocyst that we are gets rid of the zona pellucida, the glycoprotein sphere that surrounds us. This leads to the stage of implantation on day 7, in which the embryo begins to adhere to the uterine wall. It is at this point that the embryo begins to receive oxygen and nutrients from the mother.

As the implantation process relates to nourishment it also relates to trauma, and co-dependency as it is when we begin to reach towards our mothers and begin to nourish from them. If what we begin to nourish from is toxic, we can experience what is called the “double bind”.

4- Day 14- midline appears and there is a differentiation

The notochord is the physical representation of our energetic midline in the embryo. When the system can remember its midline, everything can return to its original blueprint.

5-4th week folding

Formation of the heart the nervous system and the umbilical cord

The heart is a tube that evolves into a spiral.

6- The 4th week is also the embodiment.

This is when we realise we are pregnant

Anything other than celebration can lead to trauma.

We yearn to be seen but we are afraid of being seen because we are afraid it won't be a good reaction.

The yolk sac and amniotic sac form on either side of the midline.

6- Connecting to the embryo within

By following the embryonic template our body is capable of creating a new system.

In this section we will look at somatic elements which allow us to replicate these stages of the embryonic process.

1- The fertilised egg-cell.

To replicate the stage of the fertilised egg-cell, we can learn to turn inwards and involute, receiving the internal nourishment of our system, by getting into specific postures.

For instance, bringing our hands together, our feet together, and feeling the energy that circulates within us. This allows us to feel whole and complete and that there is no need to resource from anything outside of us.

2- The implantation

As we mentioned, if what we nourish from in our mothers is toxic, we can experience the "double bind", which can cause trauma.

We can always replicate the original process of healthy nourishment by pressing into mother earth.

This gives us the feeling of safety to eventually reach within the source that is within us.

We can then resource from the parts of the body that feel good and grounded.

3- The neuro-enteric canal wave

The neuro-enteric canal leads to the notochord which is the expression of our midline.

We can activate this midline in our own bodies with a sound, such as the sound O.

We can then lean forward into the yolk sac and back into the amniotic fluid, feeling supported by both.

It is important to note that the cerebrospinal fluid, which supports the current of universal resonance and serves as one of the main connectors to our source, to the cosmos, comes from the amniotic fluid.

It is in the activation of the cerebrospinal fluid that we awaken the natural production of DMT.

Working with the spinal cord is a way of working with the midline. The Maya, as well as people like Leonardo Da Vinci, believed it to be an antenna to the divine.

We can also work with the diaphragm which is linked to the spine, is linked to the cranial fluid, related to a broader band of spiral movements.

When we open our diaphragm we open into lateral movements which are oceanic.

When we open laterally we also take on a spiral movement which is connected to universal shapes which are intrinsic to our being and to the universe.

The system can become more potent when it unplugs from our cultural context.

Slowing down is instrumental to the reconnection to the embryonic process. It is a slow process that can not be hurried. The Maya, for instance, understood the link between slowing down and achieving enlightenment as they displayed images of turtles in their resurrection caves.

When we slow down and listen deeply, we discover waves, spirals, and pulsations moving within us as within earth and cosmos. We resonate with a profound intelligence forming and supporting all of us. Breaths, sounds, and subtle movements can slow our human rhythms down, returning to resonance with natural waves of earth and cosmos.

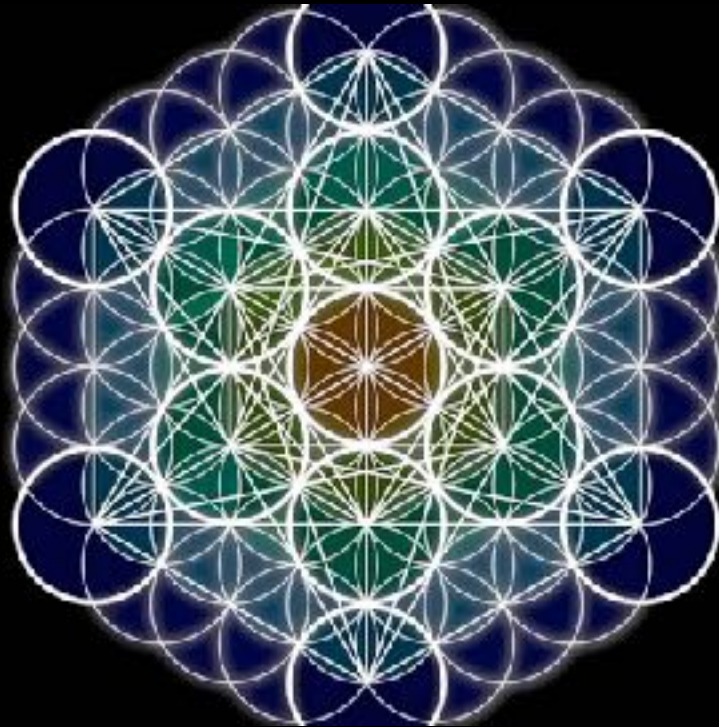
The cell is a microcosm of the planetary field and its forces. Its cytoplasm is a sun, its centre which activates mitosis is lunar.

Its nucleolus, the speed of the mind, is the planet Venus. Mars recurs as its achoplasm, an emotional sheath, and astral membrane.

Saturn imposes itself first as the cellular nucleus and then the emerging nervous system.

Jupiter and the outer planets do not form separate orbs but are dissolved in the nucleolus with the human aura.

-Richard Grossinger - Embryogenesis.



7- SACRED GEOMETRY

Further exploration of the human embryo and our physical form reveals some links to sacred geometry which are quite significant.

What is sacred geometry?

Sacred geometry is known as the architecture of God, it is the mathematical organisation that exists at the root of everything and organises all naturally created cells.

The understanding of sacred geometry was a baseline learning of the mystery schools. It was known as being a base of our understanding of the cosmos and the human relationship to it.

In this section, we will look at 4 principal shapes of sacred geometry and how these are reflected in our physical form, in the embryo, and beyond.

These 4 shapes are present in our being.

1. The flower of life is the pattern behind the process of mitosis, of our creation.
2. The golden ratio is present in an infinite number of expressions throughout the physical body.
3. The Circle square relates to our physical body in relation to its surrounding field.
4. The torus shape exists in the process of the development of the embryo.



7.1- The flower of life:

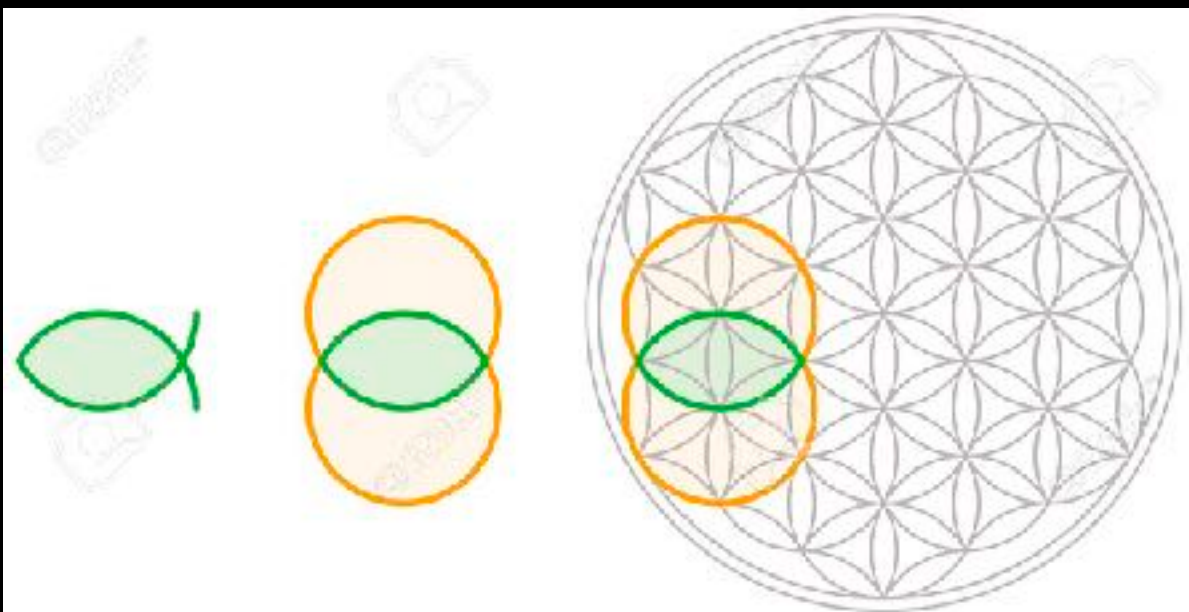
The flower of life is the pattern of unity and oneness in sacred geometry.

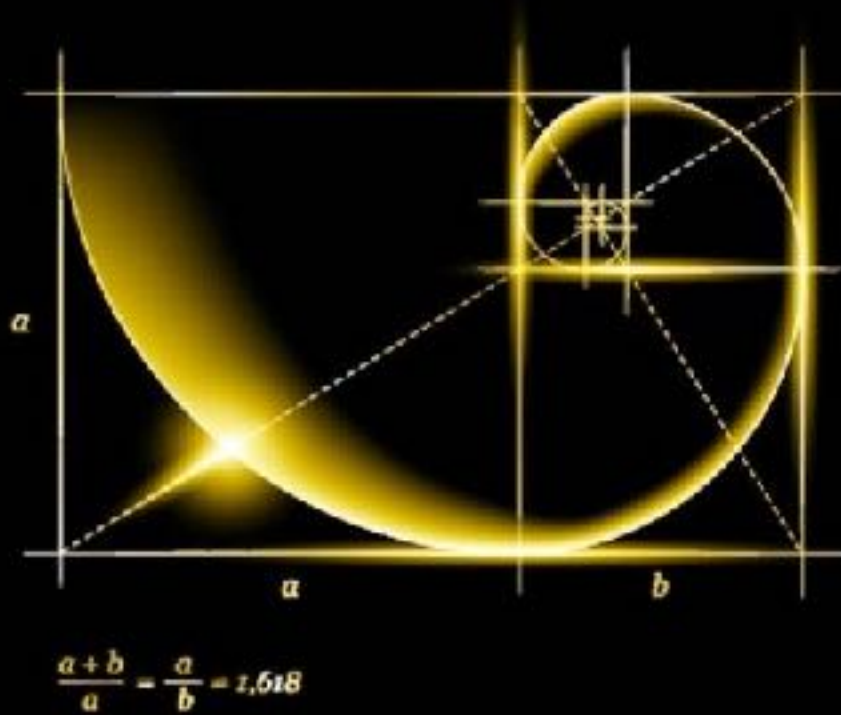
It starts with what is called the seed of life shape: 7 overlapping circles that build outward, forming a flower-like pattern that has been used since ancient times in many cultures around the world.

Said to be the basic template for everything in existence; all geometric forms can be found within it, including sacred geometry shapes like the Platonic Solids, Metatron's Cube, and the Merkaba.

The Flower of Life symbolizes creation and reminds us of the unity of everything: we're all built from the same blueprint.

Intrinsic to the development of the pattern of the flower of life are two shapes: the vesica piscis represented by two circles overlapping and interconnecting at their center, and the tetrahedron, a triangular pyramid shape, formed of four triangular faces. The vesica piscis is one of the most intrinsic shapes in sacred geometry, representing the union of polarities. The tetrahedron represents transformation, as well as the fire element which represents transformation, and the link between the divine and our form.

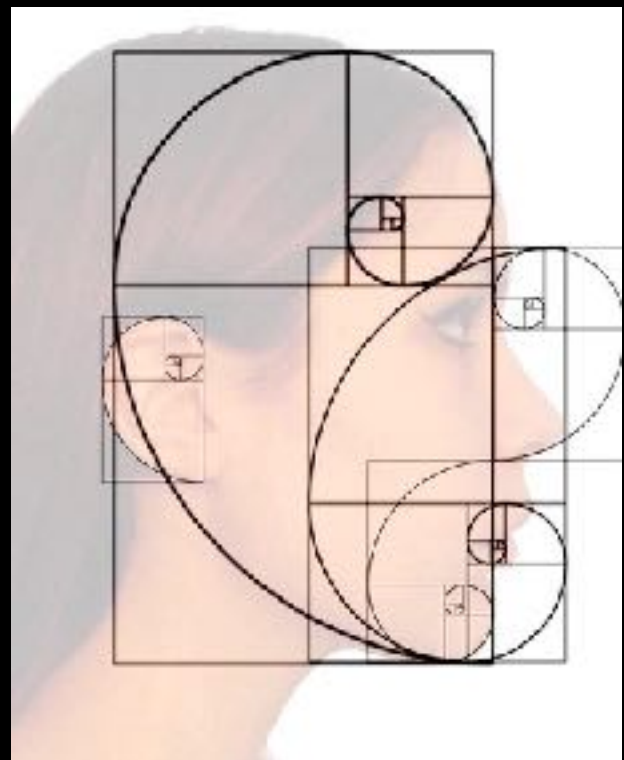


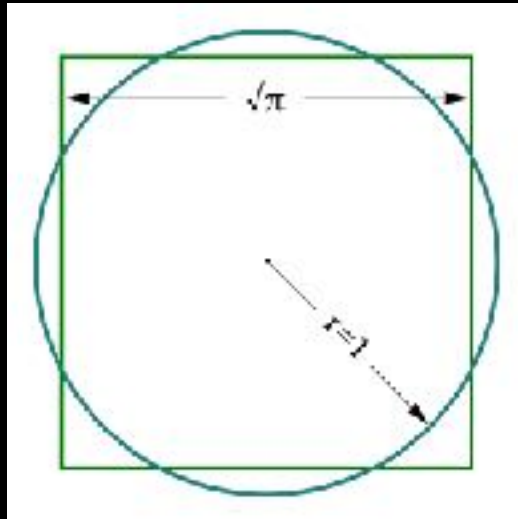
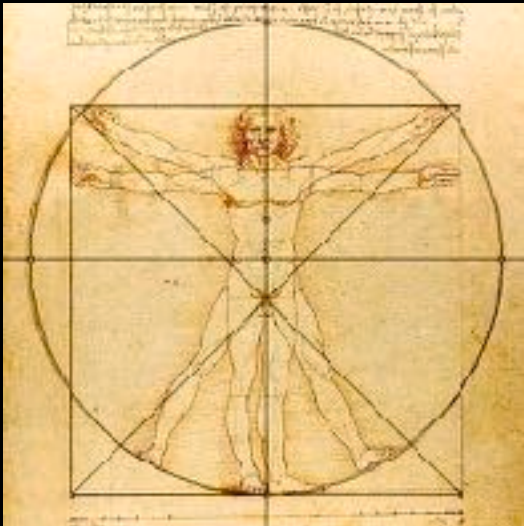


7.2- The Golden Mean:

The golden mean is a proportion, a ratio, which, when applied forms a spiral shape. It is present in every living cell. Every bend in the body relates to the phi ratio. The phi ratio is related to the golden mean which is found an infinite number of times in the human body geometry.

These images show the different places in the physical body where the Golden Mean ratio can be found.





7.3- The circle-square:

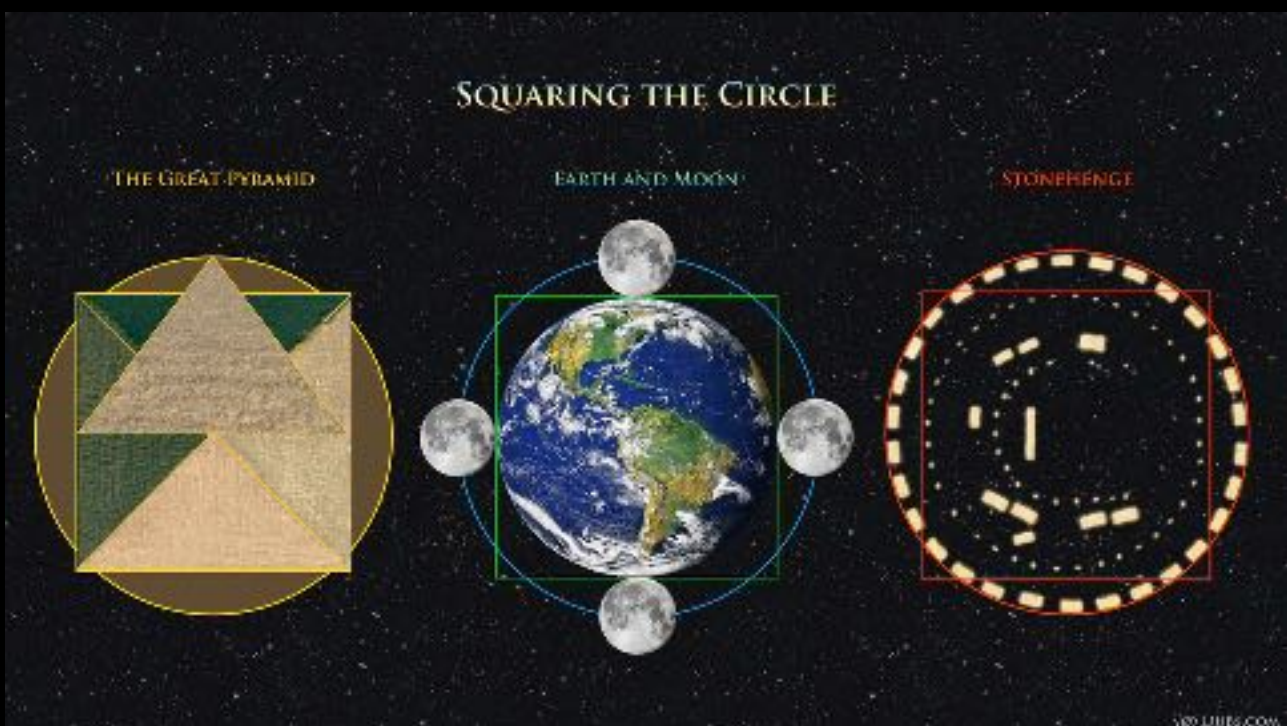
The circle square is a relationship between two primary shapes which was used by many ancient civilisations to symbolise heaven (represented by the circle) meeting the earth (represented by the square).

The circle represents the heavens, the square represents the Earth. The circle square represents the meeting of the heavens with the earth, which is known to be the purpose of mankind.

The perimeter of the square has to be equal to the circumference of the circle.

This shape has been used across history in sacred geometry, in the mystery schools, and in Taoism. It was also used by Leonardo Da Vinci, the Freemasons, Pagans, and Druids.

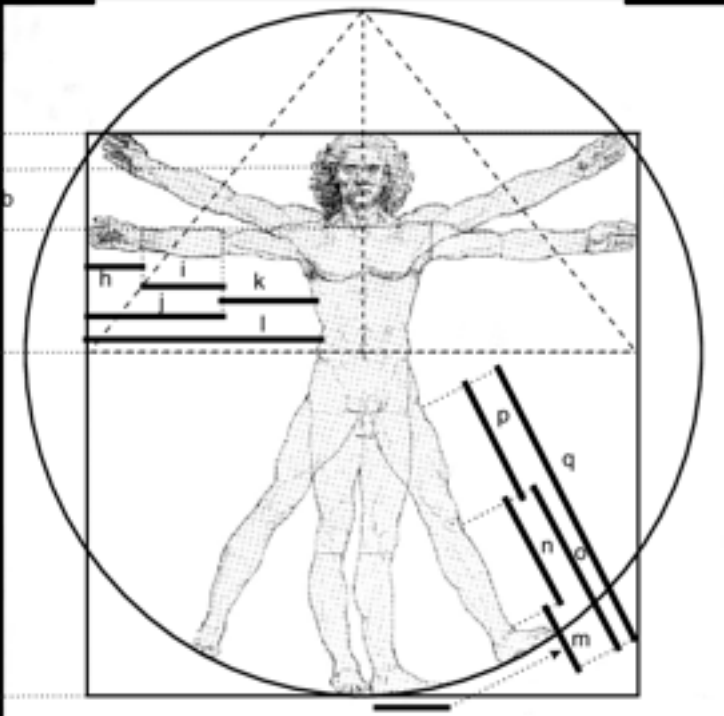
By the end of his life, Leonardo Da Vinci considered himself a scientist. He was the first to popularise the relationship between the human body and the circle-square shape with his Vitruvian man diagram.



The interaction between the circle and the square creates the phi ratio. This diagram is an indication that the human body is the measuring stick of the universe, indicating that anything we need to know on the level of existence is contained in the human field.

The center of the circle is the navel.

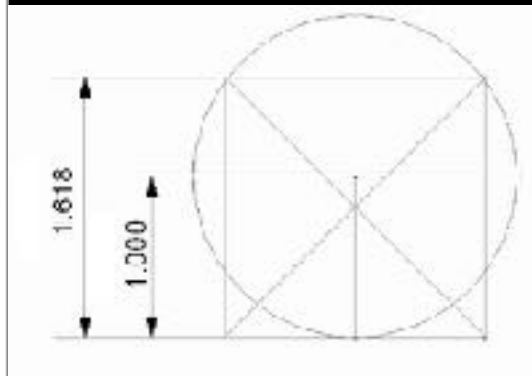
In the center of the cube is where the 8 cells sit, the base of the spine:
the star tetrahedron.



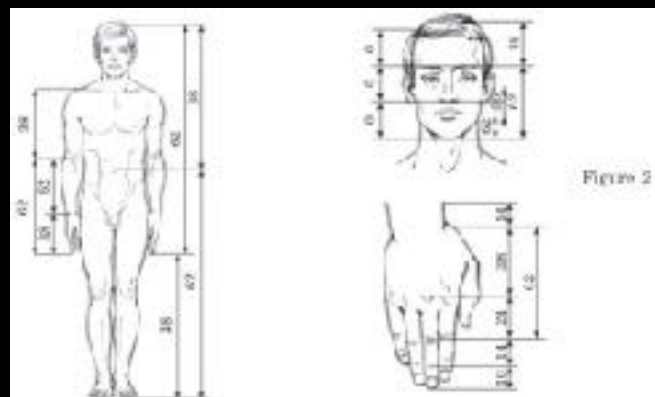
There are 2 circle square shape diagrams.

In one of them, the centers of the two shapes are aligned, in the other, they are not.

They vary by a ratio of phi.



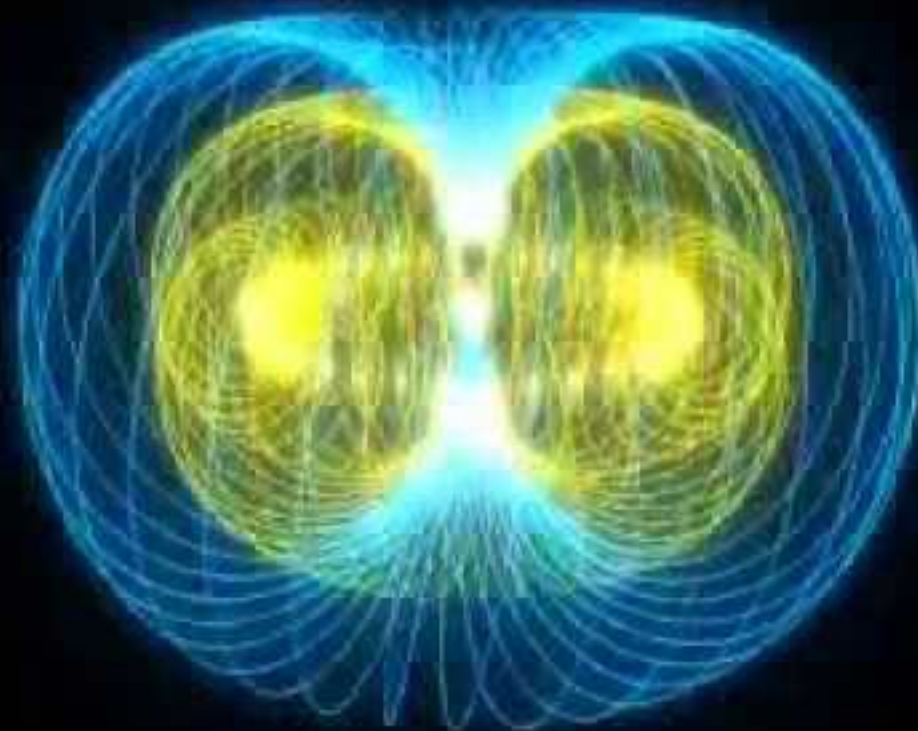
$$\varphi = 1.618034\dots$$



The circle square shape alignment shifts as a baby grows into an adult.

When a baby is born, the navel is in the exact center of the body. As he grows as an adult, it shifts by the phi ratio.

7.4- The Torus shape:



The torus shape is the shape of our universe, our galaxy. It is also the shape of the energy field of the earth, and the magnetic field of our heart. This shape is widely present in nature, through fruits, seeds, in the shape of trees, and how they relate to their roots. In connecting to this shape in our bodies and in our environment, we reconnect to the greater order of the universe. Viktor Schauberg, a researcher known as the Austrian “water wizard,” and medical science researcher, Arthur Winfree, noted that everything in nature is organized within an energetic torus-shaped field or fields, each with a central midline. We humans are similarly organized within energetic fields.



Scientist Mae-Won Ho in her book, *The Rainbow and the Worm*, writes about her discoveries relating to the Torus shape. She demonstrates that simple unicellular organisms have a quantum field with a quantum midline, which reacts to changes in the environment before the physical organism does.

8- The process of mitosis

Various sacred geometry shapes can be found as we observe the process of mitosis involved in the early stage of our embryonic development.

In the process of mitosis, the sperm enters the nucleus of the ovum to fertilise it.

Interestingly, it apparently takes 13 sperms to fertilise an egg, because a team of 12 of them are needed to create the energy container that allows the egg the strength to penetrate.

Some researchers have drawn parallels to the analogy of Jesus arriving onto a round spherical Earth and seek the help of 12 disciples to penetrate the Earth's consciousness.

The tail of the sperm falls away and it forms a sphere that is the same size as the sphere of the female pronucleus.

The male pronucleus and the female pronucleus merge together to form the vesica piscis.

As they merge together they form the first cell of the human body

A tube starts to run across the center

We then go from 1 cell to 2, then 2 to 4 which forms a tetrahedron as we connect the centers of the cells together. It then goes from 4 cells to 8 cells and forms a star tetrahedron, another tetrahedron facing another way.

Every 5 to 7 years, our body regenerates completely, but these 8-cell star tetrahedrons remains. They are located between the perineum and the base of the spine at the exact center of the body. These cells are the closest to who we really are.

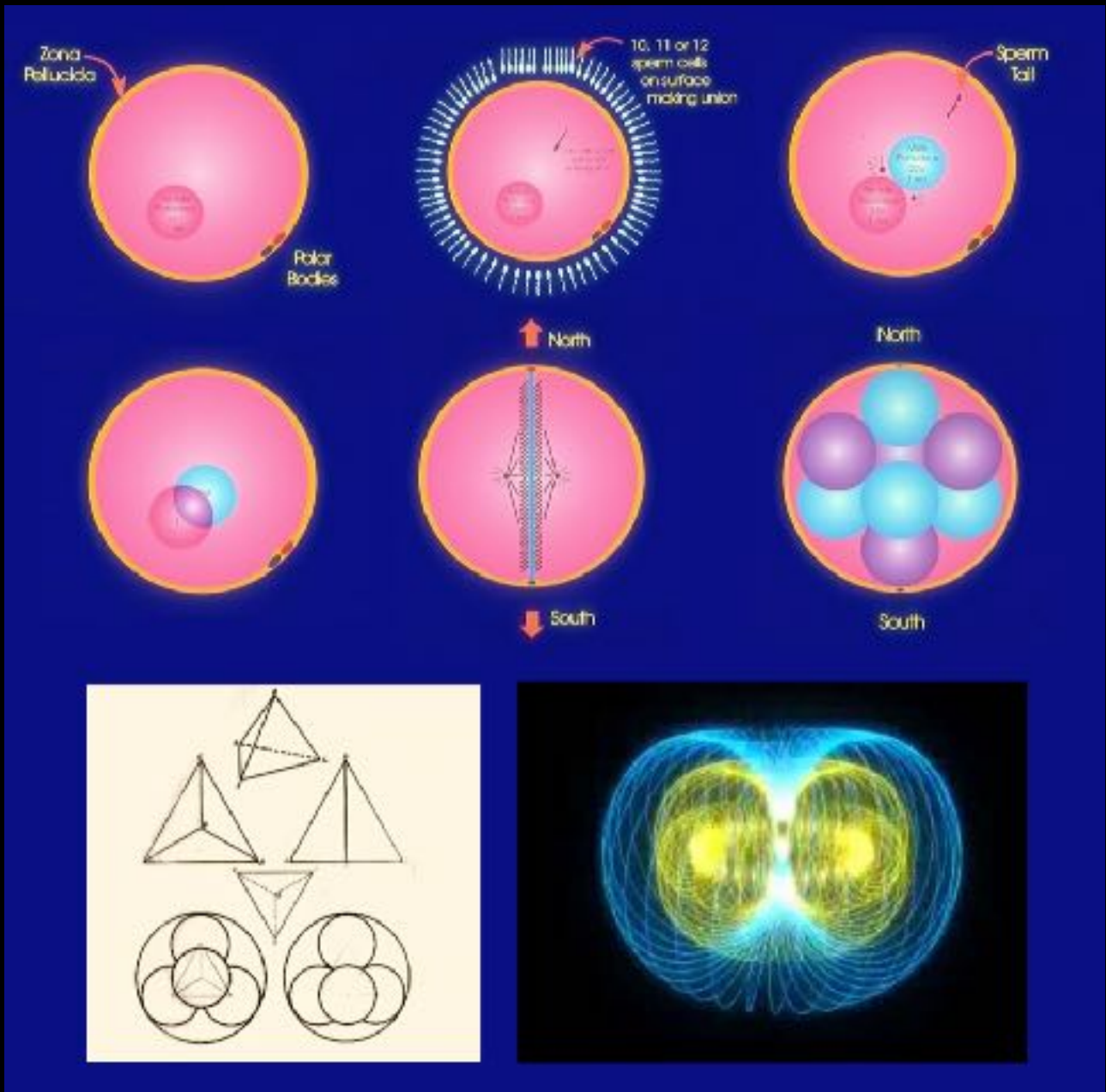
These 8 cells turn into 16 cells which turn into a hollow sphere that forms a tube running from north to south. This begins to form a torus shape, a toroidal pattern

The top opening becomes the mouth and the bottom opening becomes the anus.

This is the last time that every life form has everything in common.

Acknowledging all of this with the mind is the first step. We need to experience this at a somatic level to truly understand what pure connectedness is and what direct engagement with the cosmos is and how it can benefit us.

THE PROCESS OF MITOSIS



There are a few ways of reconnecting to the torus shape within our physical body, through practice.

1- The involutions:

One way is to bring the hands and feet together and create a closed-loop in which we can experience the harnessing of our own energy within.

As we create sounds and tune into our subtle sensations, we experience the flow of energy moving within our bodies.

2- Working with the midline:

In the torus shape of our embryonic system, the top dent represents the mouth and the lower dent represents the anus. We can therefore use sound to draw a connection between our anus and our mouth through the midline.

3- PC muscle contractions:

Awakening the PC muscles through gentle contractions, we can bring the contractions all the way up the midline of the body, past the third eye, and to the crown of the head. This generates an alteration of our brain chemistry which generates a torus shape in our energy field.

The ancient mystery schools believed that great power comes from acknowledging the presence of sacred geometry in our being. This relationship is significant in understanding the connection that exists between the greater order of the universe and our own individual beings.

How does it feel in your body to have acknowledged this in this way?